

## **NKA Pain Management Seminar Fall 2011 Seminar #2**

- 1. Second Seminar – Somatic Approaches to Pain Management:  
Relaxation, Yoga and Trigger Point Release Techniques**
- 2. Segment 1: Welcome and Introduction [10 minutes]**
  - a. Review of Seminar 1**
- 3. Segment 2: Preview of Second Seminar**
  - a. Progressive Muscular Relaxation**
  - b. Jacobson Effect – Balloon**
  - c. Trigger Points**
  - d. Stretching and Yoga**
  - e. Overview of Next Week's Seminar**
  - f. Homework Assignment**
- 4. Segment 3: Progressive Muscular Relaxation**
- 5. Segment 4: Trigger Points**
  - a. Construction of the muscles – Actin and Myosin fibers**
  - b. Locating Trigger Points**
  - c. Releasing Trigger Points – 60/120 seconds, Level 6**
  - d. Thera Cane**
- 6. Segment 5: Stretching and Yoga**

## **NKA Pain Management Seminar Fall 2011 Seminar #2**

**7.Segment 6: Brief Q&A [5 minutes]**

**8.Segment 7: Intro to next week's Seminar, and homework assignments [5 minutes]**

**a.Third Seminar – Hypnotic Pain Management**

**b.Wear light clothes which allow you to move and stretch**

**c.Homework:**

- i. Become aware of your thoughts, feelings, dreams, and daydreams**
- ii. Write down those thoughts, feelings, dreams and daydreams that strike you as important or meaningful**
- iii. Practice Progressive Muscular Relaxation, Trigger Point Release, Stretching**
- iv. Share this information with others outside the class – the best way to master a subject is to teach it to others**